

26th Annual Youth Alcohol & Drug Abuse Prevention Project (YADAPP) July 19–22, 2010, Longwood University



Confirmation Packet

This confirmation packet contains detailed information to help you prepare for your experience at the 26th Annual Youth Alcohol and Drug Abuse Prevention Project (YADAPP). You are embarking on one of the most memorable weeks of your life.

YADAPP is an educational, empowering and motivational youth-run leadership conference that we believe you will thoroughly enjoy. This year's conference is sponsored by the Virginia Department of Alcoholic Beverage Control (ABC). YADAPP 2010 will be held during the week of July 19–22, 2010 at Longwood University in Farmville, Virginia.

The conference theme is "YADAPP 2010: The Movie." All of us have the potential to make a difference in our schools and communities. We encourage you to make the most of YADAPP 2010 so that you can return home "charged up" to create a better future for yourself and your community.

Many students do not know why they went to YADAPP, but by the end of the week, they do not want to go home!

CONTENTS

What Is YADAPP?2
Conference Information
Photographs3
Transportation3
Check-In and Registration3
Housing3
Meals3
Telephone Calls and Mail5
Health Form5
Pool Waiver Statement5
Dress Code6
What Should I Bring?6
Agenda8
YADAPP Health Form and Pool Waiver9–10
Driving Directions to Longwood University12
Longwood University Campus Map13

Attention: Please fill out and sign the enclosed health form and pool waiver (pp. 10–11), required for all YADAPP 2010 participants. Adult sponsors should bring these forms to the conference for each team.

What Is YADAPP?

The Youth Alcohol and Drug Abuse Prevention Project (YADAPP) is a statewide youth leadership conference designed to empower teams of high school students with the resources and motivation to develop projects to promote school safety and the prevention of drug use among their peers.

The mission of YADAPP is to develop youth leadership in order to foster substance abuse and violence prevention efforts at the state, regional, and local level. At YADAPP 2010, you will work as a team to create an action plan to address an important substance abuse or violence prevention issue affecting the lives of your peers.

In addition, everyone will hear motivational speakers, experience interactive workshops and participate in experiential leadership activities. As you and your youth work through the week, you will meet others from all over the Commonwealth of Virginia.

YADAPP is a highly energetic and interactive youth leadership conference! Nearly all of the activities you participate in during YADAPP will be youth-led by fellow high school and college students who have attended YADAPP in previous years.

YADAPP is a highly energetic and interactive youth leadership conference!

QUESTIONS

We want your YADAPP 2010 experience to be the best ever! If there is anything not discussed in this packet that you need to know, please do not hesitate to ask. You may contact the following individuals:

Steven Hammond—Conference Coordinator

Virginia Department of Alcoholic Beverage Control (ABC) 804-213-4498 or Steven.Hammond@abc.virginia.gov

Christine Adkins—Conference Support

Virginia Department of Alcoholic Beverage Control (ABC) 804-213-4688 or Christine.Adkins@abc.virginia.gov

2010 CONFERENCE DATES

Check-in registration	Monday, July 19,10 a.m.–2 p.m.
Official start	Monday, July 19, 3 p.m.
First meal (dinner)	Monday, July 19, 5–6 p.m.
Official end	Thursday, July 22, 11 a.m.

YOU ARE INVITED TO A VERY SPECIAL EVENING

"The Premiere"

YADAPP Talent Show

DRESS LIKE YOUR FAVORITE CELEBRITY!

Conference Information

This confirmation packet contains information to help you prepare for your team's YADAPP experience. Please read this information carefully. This section contains information on transportation to/from YADAPP; check-in registration; accommodations; meals; telephone calls/mail; and photographs.

PHOTOGRAPHS

- We will be taking candid pictures of participants during the YADAPP conference. These photos may be posted on the www. yadapp.com Web site and/or used in promotional or prevention materials.
- No names or personal information will be associated with any picture without permission.

TRANSPORTATION

- Transportation to/from Longwood University will **not** be provided by YADAPP. You are responsible for making transportation arrangements to/from the conference.
- Directions to Longwood are available in this packet as well as a campus map.
- Signs, resource officers and youth leaders will direct you to registration and parking.
- Any youth participant driving to Longwood University separately will **not** be allowed to leave campus during the conference.

CHECK-IN AND REGISTRATION

- Check-in for YADAPP 2010 will be from 10 a.m. to 2 p.m. on Monday, July 19, in Lancer Gymnasium located in Willett Hall. No one will be allowed to check-in before 10 a.m.
- In order to check-in, everyone in your team (including you)
 must have a completed and signed YADAPP 2010 Health
 Form. Please be sure to use the proper 2010 version of the
 Health Form.
- At check-in, each person will receive a housing assignment, one or two keys (depending on the dorm), a dorm access card, T-shirt, notebook and a nametag. Nametags must be worn at all times during the conference.
- During checkout on Friday, you are responsible for returning your key(s) and the dorm access card before departing Longwood University.
- Failure to return any key(s) or the access card will result in a \$50 charge per key/card. You are responsible for these fees if you do not return these items upon your departure from Longwood University.
- Lunch will not be provided on Monday, July 19, 2010. The first conference meal to be served will be dinner beginning at 5 p.m. on Monday, July 19, 2010. Please make lunch arrangements for you and your team for that day.

HOUSING

- During YADAPP, all females will be housed in Frazer Residence Hall, and all males will be housed in ARC or Tabb residence halls. All dorms are air conditioned.
- Female participants will not be allowed to enter the male dorms; male participants will not be allowed to enter the female dorm. No exceptions!
- Housing assignments will be made during check-in. You will be housed with team members (when possible) of the same gender and an adult sponsor of the same gender.
- All participant rooms at Longwood University are double or triple occupancy—single rooms are not available. Each room will contain single beds, dressers, desks and chairs. The university will supply each person with two sheets, two bath towels, two washcloths and one pillowcase. Pillows and blankets will not be provided. If you want them, you must bring your own!
- You will be responsible for any and all losses, damages or thefts caused by you to Longwood University property and any replacement fees.
- All residential dorm windows are to remain closed at all times.
 This is important in order to ensure the proper functioning of the dorm air-conditioning units. You will be subject to a \$50 fine for any violation of this rule.
- Coin-operated washers and dryers are located in each dorm.
 Vending machines for soft drinks, juice, candy and crackers are also located in each dorm. Change will not be available from YADAPP or Longwood staff members.

MEALS

- All meals are buffet-style and will be served in the Longwood Dining Hall located within walking distance of all dorms.
- Though the menu changes daily, participants have access to an entrée/vegetable line, a pizza line, a deli sandwiches line and a fruit/salad bar. In addition, participants have access to a variety of beverages, desserts and a self-service bread warmer.
- No one will be allowed to enter the dining hall without a YADAPP nametag.
- Each individual is responsible for clearing their table and returning their dishes and tray to the dish room at the rear of dining hall after each meal.
- All meals will be provided by the conference, beginning with dinner on Monday, July 19, and ending with breakfast on Thursday, July 22.













Can you sing? Are you a dancer? Do you have what it takes to be a comedian?

GOT TALENT?

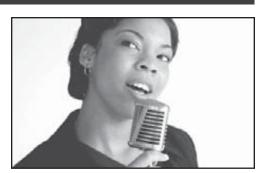
Get in tune! Come prepared to audition for the YADAPP 2010 Talent Show!

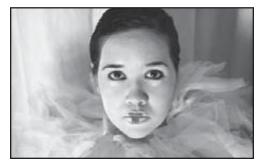
Everyone is welcome to audition. Audition times and locations will be posted at YADAPP.

The best will be chosen to perform at Wednesday night's Talent Show!













Conference Information (continued)

TELEPHONE CALLS AND MAIL

- Messages may be left for YADAPP conference participants (by name) in the YADAPP Business Office (Amelia Room, Lankford 221):
 - *YADAPP Business Office:* 434-395-4943 (various hours)
- In the event of an emergency, you may be reached through the following numbers:
 - *YADAPP Business Office:* 434-395-4943 (various hours)
 - Longwood Conference Office: 434-395-2552 (various hours)
 - *Longwood Campus Police:* 434-395-2091 (24 hours)
- Pay telephones are no longer available in the residence halls. Cellular phones will be permitted in the residence halls.
- All conference attendees may receive mail sent to the following address:
 - [Name]
 C/o YADAPP Conference
 Longwood University
 201 High Street
 Farmville, VA 23909



HEALTH FORM

- No participant (adult or youth) will be allowed to participate in the 26th Annual Youth Alcohol and Drug Abuse Prevention Project (YADAPP) without a completed and signed health form.
- During YADAPP 2010, three registered nurses will be on site
 to provide basic medical assistance. In the event of an emergency, your YADAPP health form will provide our nurses with
 valuable health care information and permission to respond
 appropriately.
- In the event of an emergency, you may be transported to a local physician and/or hospital and treated as deemed necessary including, but not limited to, medications, anesthesia and surgery. Every attempt to contact your parent/guardian will be made using the phone number(s) provided on your health form.
- Your health form is an absolute necessity!
- The health form contains emergency contact information, potential allergies, health conditions, insurance information and permission to provide care.
- Your parent(s)/guardian(s) and adult sponsor must complete
 the health forms prior to YADAPP. Your adult sponsor will
 bring all of your team's forms to the YADAPP conference. Do
 not mail or fax any health form to YADAPP conference staff.
- All health forms must be legible in order to be effective. Please type or print neatly.
- Your YADAPP 2010 Health Form is included in this packet.
- Do not use health forms from any previous YADAPP. These forms will not be accepted.

POOL WAIVER STATEMENT

While at YADAPP, you will have free time in the afternoons. During this time you may use the Longwood University pool.

- The pool will be open to YADAPP participants during free time only.
- Longwood requires a minimum of two lifeguards to be on duty at all times of pool use.
- Anyone wanting to use the Longwood pool must sign the pool waiver statement at the bottom of the YADAPP 2010 Health Form. If this waiver statement is not signed, you are not allowed to use the pool at Longwood during YADAPP 2010. There are no exceptions.

In order to use the pool at Longwood, you must sign the pool waiver statement.

Conference Information (continued)

DRESS CODE

YADAPP is a conference promoting youth leadership. Behavior and dress should reflect the energetic leadership style of the conference. All conference staff and participants (youth and adults) will model the YADAPP attitude in what they wear.

The following guidelines for YADAPP 2010 are **not** meant to be a detailed, all-inclusive list of what to wear or not to wear. These guidelines are designed to outline what YADAPP has determined to be **acceptable** based upon past experience.

- All indoor classes and activities will be in air-conditioned rooms. Many events will be physically active. You are strongly encouraged to bring T-shirts, shorts and tennis shoes so you can participate in all activities.
- While at YADAPP, your clothing must cover the midriff area in addition to all areas that are typically covered by undergarments. Undergarments must not be exposed.
- Bathing suits are to be worn only at the pool. At all other times, including to and from the pool area, your suit must be covered by acceptable clothing.
- Your clothing must promote a positive message. No foul, offensive or inappropriate messages, advertising or jokes will be permitted.
- If any clothing is deemed to be inappropriate or disruptive by YADAPP, you will be asked to change. If you do not have acceptable substitutes, your parent/guardian will be asked to supply them or to pick you up immediately.
- In cooperation with YADAPP staff, adult sponsors will be responsible for ensuring that youth comply with these guidelines.

WHAT SHOULD I BRING?

Although we all have different needs, past experience has taught us you may want to consider bringing these items with you to YADAPP.

Clothing

- Comfort is **key**!
- T-shirts and shorts. (Remember: It's July.)
- Jeans, sweatshirt or jacket for cool weather or buildings.
- Casual clothes—dressy not needed.
- Comfortable shoes—lots of walking.
- Bathing suit—just at the pool.

Other Items

- Pillow and blankets. (These are not provided. Some dorm rooms are cold; you may want to bring an extra blanket or comforter.)
- · Alarm clock.
- Extra towel and/or washcloth.
- Bathroom shoes.
- Reading lamp.
- Clothes hangers (if you want to hang clothes).
- Umbrella.
- Camera.
- Recreation items—football, basketball, frisbee, etc.

Remember: Comfort is key!













Expectations for Youth Participants

- Advocate and live a drug-free lifestyle. Remember, "drug-free" includes tobacco and alcohol.
- Learn as much as you can for yourself and take it back to your school and community.
- Attend all scheduled sessions, workshops and presentations.
- Arrive on time for all scheduled sessions, workshops and presentations.
- Turn pagers and/or cell phones off during all working sessions.
- Observe curfew and lights out.
- Be respectful of Longwood University's staff, students and campus grounds.
- Be courteous, considerate and polite.
- Be mindful of personal safety and wellness.
- Remain on campus during the conference.

When you return home from YADAPP...

- Hold regular team meetings to complete your STAN Plan.
- Avoid trying to do it all yourself. Work with other students and student organizations to implement your plan.
- Work with your Adult Sponsor to implement your plan.
- Dig deep and don't give up.
- Celebrate your success!



Agenda

During check-in, you will receive a detailed agenda for all of the conference activities. You are expected to attend all sessions. Please note that this agenda is tentative and subject to change.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
7:00 a.m.					Early Bird
7:30		Breakfast	Breakfast	Breakfast &	Checkout
8:00				Packing	
8:30					
9:00		General Session	General Session	Closing Session	
9:30					
10:00	Registration				
10:30			Letter Grops		
11:00		Letter Groups		Checkout & Le	ave
11:30					
12:00 p.m.					
12:30		Lunch	Lunch		
1:00					
1:30					
2:00		Regional Coalitions	General Session		
2:30					
3:00	Opening Session		Letter Groups		
3:30					
4:00		Free Time & Dinner			
4:30	Letter Groups				
5:00			Free Time & Dinner		
5:30	Dinner				
6:00					
6:30		Letter Groups			
7:00	Letter Groups				
7:30					
8:00			Talent Show		
8:30					
9:00		General Session			
9:30	General Session				
10:00					
10:30					
11:00	In rooms	In rooms	In rooms		
11:30	Lights out	Lights out	Lights out		



YADAPP 2010 Health Form & Pool Waiver

Youth participants, adult sponsors and conference staff: No individual (youth or adult) will be allowed to participate in YADAPP 2010 without a completed and signed health form. During YADAPP 2010, three registered nurses will be on site to provide basic medical assistance. In the event of an emergency, this health form will provide our nurses with valuable health care information and permission to respond appropriately.

Please complete all sections (except where noted) on both sides of this form by typing or printing neatly. Adult sponsors should bring all completed and signed forms to the conference on Monday, July 19, 2010.

1. IDENTIFYING INFORMATIO	N					
Last name:		First name:			M.I.:	
Nickname:		Gender: ☐ Male ☐ Female Date of birth:				
Indicate your role (check only one): \Box	Youth participant [☐ Junior staff ☐	Adult sponsor	☐ Resource officer	☐ Youth leader	☐ Conference staff
School/team name (youth participants,	/adult sponsors only):					
Adult sponsor name (youth participant	s only):					
2. CONTACT INFORMATION						
2. CONTACT INFORMATION						
Home address:				Home phone: (
City:	State:	Zip:		Cell phone (optional): ()	
3. EMERGENCY CONTACT INF	ORMATION					
In the event of an emergency, we shou	ıld contact:					
This person is my: \Box Parent	☐ Sibling ☐ S	Spouse 🗆 (Other:			
Day phone: ()		Night phone: ()	- <u></u>		
Cell phone (optional): ()						
4. PARENT/GUARDIAN INFOR	MATION (REQUIR	ED ONLY IF INI	DIVIDUAL IS U	JNDER 18)		
Last name:		First name:			M.I.:	
Home address:				Home phone: (
City:	State:	Zip:		Cell phone (optional): ()	
5. HEALTH INFORMATION						
Indicate all known allergic conditions:						
Drug allergies?	☐ Yes ☐ No	List/comments:				
Insect allergies?	☐ Yes ☐ No	List/comments:				
Do you carry an insect sting kit?	☐ Yes ☐ No	List/comments:				
Other allergies?	☐ Yes ☐ No	List/comments:				

(continued on next page)

5. HEALTH INFORMATION (cont	inued)			
Indicate all known health conditions:				
Asthma?	□ Yes □ No	Comments:		
Diabetes?	☐ Yes ☐ No	Comments:		
Other relevant health information:				
List all medicines that you will or may be	taking while attend	ding YADAPP 2010:		
Name of Medicine		Dosage/Amount	Time(s) to Be Taken	Or as Needed?
				☐ Yes
6. HEALTH INSURANCE INFORM	MATION			
Is the person attending YADAPP 2010 co If Yes, please provide the following infor			Jo	
Cardholder's name:			Cardholder's birthdate:	
Cardholder's relationship to YADAPP 20	IO participant:			
Insurance company:		Policy ID:	Group :	#:
Prescription coverage information:				
Does the person attending YADAPP 2010 If Yes, please provide the following infor		•		
Last Name:		First Name:	Phone: ()	·
7. PERMISSION TO PROVIDE C	ARE			
To be completed by anyone participatin		or by the parent/guardian (of any participant under 18.	
including, but not limited to, medications the phone number(s) provided on this fo	s, anesthesia and surm.	irgery. Every attempt to co	d to a local physician and/or hospital and tre ntact the parent/guardian and/or emergenc ission for me/my child to be treated by YADA	y contact will be made using
Signature (required):			Date	ə:
8. LONGWOOD POOL WAIVER S	STATEMENT (Re	quired only if participa	ant will be using the swimming pool)	
			versity requires a minimum of two lifeguards	
			YADAPP 2010 participant or their parent/gu	
from me/my child's use of Lancer and/or	French swimming p	ools on the Longwood Uni	es, officers, agents and employees from any versity Campus. I realize that with any involv s, muscle strains and sprains, slips and falls,	ement in any physical activity
Signature (required):			Date	ə:

Door Decorating Contest

Let's get this conference started! In order to bring participants together (and brighten up the dorms) we will be holding the annual YADAPP Door Decorating Contest! Participants are encouraged to bring creative, interesting and entertaining ideas in order to claim the distinction of YADAPP 2010 Door Decorating Champions!

ARE YOU UP TO THE TASK?

- Your door size is 31 x 83 inches.
- The theme for this year's conference is "YADAPP 2010: The Movie."
- All door decorations should incorporate this theme into their design.

HERE ARE THE RULES

- NO nails, tacks or glue may be used to attach items to the door. You may
 ONLY use masking tape.
- NO permanent markers because they have a tendency to bleed through the paper. Only water-soluble markers are to be used.
 Permanent markers may be used only if they are used on materials BEFORE you arrive.
- Room number and peephole must be visible from the outside. If you have to cover up the room number, please put that number on the door in an easily visible location.
- Creativity and originality are STRONGLY encouraged.
- Design must be prevention related (alcohol, tobacco, drugs and/or violence).
- Design must include the names of room occupants and the name of your team (school / community organization).
- Doors must be completed by 8 a.m., Wednesday, July 21, to be judged.
- Judging will take place Wednesday afternoon and winners will be announced during the closing session.
- Door decorations must be removed no later than 6 p.m. on Wednesday, July 21.

YADAPP will not provide any decorating supplies. You must plan ahead and bring your materials (or your finished product if you choose to complete it at home before you come) with you to the conference. Adult sponsors are also encouraged to participate. Everyone is eligible to win one of two prizes!

GOOD LUCK AND HAVE FUN!

Driving Directions to Longwood University

YADAPP does not coordinate transportation for any conference participants. These directions are provided for your benefit as you plan your arrival at Longwood University.

FROM NORTHERN VIRGINIA / RICHMOND

- I-95 South to Powhite Parkway (exit 79).
- Take Powhite (Rt. 76) to Rt. 288 (Chesterfield/Amelia).
- Follow Rt. 288 and exit onto U.S. 360 West.
- Continue on 360 West approximately 35 miles to State Rt. 307.
- Take Rt. 307 nine miles to U.S. 460 West.
- Exit 460 onto Business U.S. 15 North and follow signs to Longwood.
- Once you are at Longwood, please follow the signs and traffic directors.

FROM HAMPTON/NEWPORT NEWS

- Take I-64 West to I-95 South.
- Turn right onto the downtown expressway (Rt. 195).
- Take the expressway to the Powhite Parkway.
- Take Powhite (Rt. 76) to Rt. 288 (Chesterfield/Amelia).
- Follow Rt. 288 and exit onto U.S. 360 West.
- Continue on 360 West approximately 35 miles to State Rt. 307.
- Take Route 307 nine miles to U.S. 460 West.
- Exit 460 onto Business U.S. 15 North and follow signs to Longwood.
- Once you are at Longwood, please follow the signs and traffic directors.

FROM NORFOLK / VIRGINIA BEACH

- Take U.S. 460 West to Farmville.
- Exit 460 onto Business U.S. 15 North and follow signs to Longwood.
- Once you are at Longwood, please follow the signs and traffic directors.

FROM LYNCHBURG/ROANOKE

- Take U.S. 460 East to Farmville.
- Exit 460 onto Business U.S. 15 North and follow signs to Longwood.
- Once you are at Longwood, please follow the signs and traffic directors.

FROM DANVILLE

- Follow U.S. 58 to South Boston.
- Take Rt. 304 to U.S. 360/15.
- Continue on U.S. 15 North to Farmville and follow signs to Longwood.
- Once you are at Longwood, please follow the signs and traffic directors.

FROM CHARLOTTESVILLE

- Take Rt. 20 South to U.S. 15 South.
- Follow U.S. 15 South to Farmville.
- Turn left onto Business 15/460 at stoplight (Dowdy's Corner).
- Proceed several miles and veer right onto Business 15 (Oak Street) at hospital.
- Turn left onto High Street.
- Turn right onto Rt. 15 (Main Street).
- Once you are at Longwood, please follow the signs and traffic directors.

See you in July—at the blockbuster of the summer!







